



Asparagus with Mustard Sauce

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



42 kcal

SIDE DISH

Ingredients

- 0.5 pound asparagus fresh (9 spears)
- 0.1 teaspoon hot sauce
- 0.5 teaspoon juice of lemon
- 1.5 tablespoons cup heavy whipping cream sour low-fat
- 0.5 teaspoon mustard prepared
- 1 tablespoon nonfat mayonnaise
- 1 Dash paprika

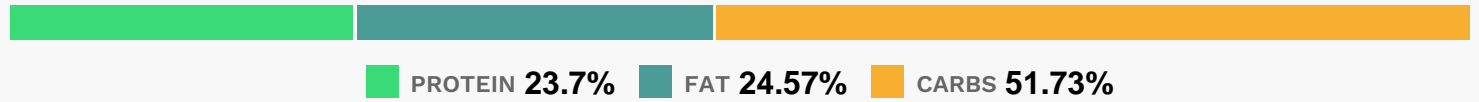
Equipment

- sauce pan
- knife
- peeler

Directions

- Snap off tough ends of asparagus.
- Remove scales from stalks with a knife or vegetable peeler, if desired. Arrange asparagus in a vegetable steamer over boiling water. Cover and steam 6 to 8 minutes or until crisp-tender.
- Transfer asparagus to a serving dish. Set aside, and keep warm.
- Combine sour cream and next 4 ingredients in a small saucepan.
- Place over medium heat; cook, stirring constantly, 1 minute or until thoroughly heated. Spoon sauce over asparagus, and sprinkle with paprika.

Nutrition Facts



Properties

Glycemic Index:39.5, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:9.1386956647038%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg, Isorhamnetin: 6.46mg Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg, Kaempferol: 1.58mg Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg, Quercetin: 15.86mg

Nutrients (% of daily need)

Calories: 42.01kcal (2.1%), Fat: 1.33g (2.05%), Saturated Fat: 0.69g (4.29%), Carbohydrates: 6.31g (2.1%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.93g (3.26%), Cholesterol: 3.78mg (1.26%), Sodium: 85.3mg (3.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.89g (5.78%), Vitamin K: 49.01µg (46.68%), Vitamin A: 912.8IU (18.26%), Folate: 60.33µg (15.08%), Iron: 2.47mg (13.74%), Vitamin B1: 0.17mg (11.25%), Copper: 0.22mg (10.94%), Fiber: 2.59g (10.36%), Vitamin B2: 0.17mg (10.21%), Manganese: 0.19mg (9.35%), Vitamin E: 1.33mg (8.88%), Vitamin C: 7.11mg (8.62%), Potassium: 256.24mg (7.32%), Phosphorus: 67.34mg (6.73%), Vitamin B3: 1.13mg (5.65%), Vitamin B6: 0.11mg (5.39%), Selenium: 3.34µg (4.77%), Zinc: 0.67mg (4.48%), Magnesium: 17.69mg (4.42%), Calcium: 41.32mg (4.13%), Vitamin B5: 0.32mg (3.18%)